

# marie claire

THEIR BACK

Sex and  
the City

Cardigan  
Close-ups!  
Clothes!

BODY  
BREAKTHROU

FREEZE AWAY  
YOUR BELLY FAT  
FOR GOOD, OR TRY IT!

257

Fas  
HIT

PLUS  
■ Tim Gunn  
■ Big Girl in a  
Skinny World

## The Vein Game

■ Spider veins (purple clusters that may appear near the ankles and knees) and varicose veins (spider veins' bulging big sisters) are mostly genetic but can also be exacerbated by regular air travel. "The valves in your leg veins weaken over time," says New York-based phlebologist Dr. Luis Navarro, "causing some blood to pool in the veins of the lower extremities." Navarro recommends combating both types of veins with sclerotherapy (starting at \$250 a session, a chemical solution is injected into veins, causing them to disappear over time). For varicose veins, he suggests wearing compression socks when flying and elevating legs as much as possible. Waldorf adds that laser therapy is needed to reduce very small blood vessels and larger varicose veins. In the short term, camouflage purple veins with a yellow concealer and red blood vessels with a green-toned one.

Your  
Summer  
Beauty  
Fix

GLOWING  
PERFECT  
LEGS

THE  
BLOW-UP  
WALDO

THE  
NEW  
WORLD

